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<b>Mike Knapp</b>	<b>1025</b>
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THURSDAY, DECEMBER 12, 2013

Work to pay

Residents outraged with hydro increase  
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Daycare overseas

Toys, children's items needed  
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Chairty launch

Keeping a son's dream alive  
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Secret Santa

28 acts of kindness to celebrate life  
Page 26

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MUNICIPAL AFFAIRS: Humane society's Port Colborne contract to expire

## Bids to be received for animal services

MARYANNE FIRTH  
Tribune Staff

Bidding will take place in the  
new year on Port Colborne's  
animal control services.

The city's contract with  
Welland and District Humane  
Society expires at the end of  
January.

While the humane society  
wants to continue its partner-  
ship with the city, other groups  
have expressed interest in tak-  
ing on the services, said Port  
Colborne's director of planning  
and development, Dan Aquil-  
ina. He would not name the  
interested parties.

The city will be issuing a  
request for proposal for the  
services, he said.

This is standard practice,  
he added, for any contracted  
municipal services to ensure  
the city "gets the best quality  
and the best price."

"There may be an opportu-  
nity there for the city to save  
some more money," he said,  
but that won't be known until  
after the RFP is closed and bids  
are received. In 2013, Port Col-  
borne spent \$154,000 on animal  
control services.

See Adoption Page 2



MARYANNE FIRTH/VAH AGENCY NAGARA

Milo, pictured with animal services worker Beth Robins, is one of five dogs up for adoption at the Port Colborne animal shelter  
run by Welland and District Humane Society.

HometownRealEstateGuy.com

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Happy Holidays!

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homes are filled with joy and memories that will last a lifetime.



# LOCAL NEWS

■ **LEGAL AFFAIRS:** Teen struck in Port Colborne in December 2010

## Railway civil suit still before courts

ALLAN BENNER  
Tribune Staff

PORT COLBORNE — A court date has yet to be set for a \$1.2-million lawsuit was severely injured after being struck by a train.

The lawsuit stems back to Dec. 6, 2010, when Dalton Young was struck by a train operated by Trillium Railway at the intersection of Fielden Ave. and Princess St. in Port Colborne.

The then 16-year-old was walking to Port Colborne High School at the time.

Elkin Injury Law filed a statement of claim in Superior Court in Welland in November 2012 on behalf of

plaintiffs Young and his parents Rita Newman and Alan Young.

Nearly a year after that, Trillium Railway Co. Ltd. and the City of Port Colborne filed a statement of defence, denying responsibility for the collision that resulted in injuries including multiple cracked ribs, a collapsed lung, fractured leg and foot bones requiring surgery, nerve damage and the loss of three toes on his right foot.

The claims have been proven in court.

St. Catharines lawyer Roelft Swart from Elkin Injury Law said he could not comment on the pending lawsuit because it is currently before the courts.

**“He created a situation of emergency by proceeding from a place of safety to a place of risk at a time when common prudence would have deterred or barred or stopped him from such action,”**

the statement says

rency before the courts.

He said, however, no court date has been set at this time and he couldn't speculate on how soon that could happen.

Asked how long civil lawsuits normally take to pro-

ceed to trial, Swart said, “It varies per case.”

The statement of defence, filed on Sept. 5, 2013, by Toronto-based law firm Kenneth R. Peel Barristers and Solicitors, denies any neglect or negligence by the

railway or city that led to the plaintiff's injuries.

The 12-page document goes on to say the plaintiff should have known by the signage and warning devices at the intersection that he was approaching the tracks and failed to take reasonable precautions for his own safety. It alleges that the plaintiff failed to hear or take notice of the audible warning of the train bell, or the visual warning lights, his field of vision was impaired by the hoodie he wore, his hearing was impaired because he was using an MP3 player, and he “walking off the travelled public path and was trespassing.”

It says he was “careless of

the approaching train and he proceeded heedless of the risk he ran.”

“He created a situation of emergency by proceeding from a place of safety to a place of risk at a time when common prudence would have deterred or barred or stopped him from such action,” the statement says.

Trillium Railway did not return phone calls from The Tribune, Monday.

Port Colborne chief administrative officer Bob Heil also could not comment on the lawsuit.

“There's not much I can say, it's in the lawyer's hands,” he said.

allan.benner@sunmedia.ca

■ **ADOPTION**

## Bids to be received for animal services

From Page 1

“We're happy with their services. They still remain satisfactory,” Aquilina said of the humane society.

“This is just us continuing our normal practice of having an RFP issued.”

Port Colborne's contract with Welland and District Humane Society has been

in place since 2005. The organization took on the services from the city after Port Colborne's animal control officer retired, Aquilina said. No RFP was issued at that time.

The contract was set to expire on Jan. 31, 2014, but the humane society has agreed to an extension until

April 30, 2014 to allow for the RFP to be issued.

Humane society executive director John Greer believes both his organization and the City of Port Colborne are happy with the partnership they've formed.

Through its agreement with the city, the humane society operates its Port

Colborne services out of the city-owned animal shelter on Elm St.

One humane society worker manages the shelter and an animal control officer is assigned to the city, Greer said. A veterinarian was also recently brought on staff by the humane society to care for animals at

both locations.

“We provide good service to residents,” Greer said. “They get a good bang for their buck out there.”

The humane society has plans to create a community cat centre in the facility's front foyer, at its own cost, but has put those plans on hold until a new contract

is in place.

A report will go before city council Monday night recommending approval of the temporary contract extension. The RFP is expected to be issued before the end of January.

marjane.jfr@sunmedia.ca  
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# LOCAL NEWS

**POLITICS:** PC leader makes pitch about Horwath pushes jobs tax credit



MIKE DINIATISTA/NIAGARA FALLS BE

Ontario Progressive Conservative Leader Tim Hudak spoke to reporters about job losses in Niagara. Niagara Falls PC candidate Bart Maves joined Hudak.

## Hudak hypes job plan

**MATT DAY**  
QMI Agency Niagara

Two days. Two political parties. One topic of discussion — employment.

The leaders of Ontario's NDP and Progressive Conservative parties were in Niagara last week promoting their ideas for job creation.

Tory Leader Tim Hudak was in Niagara Falls Thursday morning criticizing the Liberals and NDP for letting manufacturing jobs leave Niagara.

"When two out of five manufacturing jobs have been

lost in the Niagara area, the impact on families and the local economy is huge," says Hudak. "We need to restore hope, and the way to restoring hope is job creation in our own backyard."

Hudak pointed out the closings of the John Deere plant in Welland, the Bick's plant in Dunnville and Jarvis Street Pharma in Fort Erie.

He said escalating hydro rates are to blame for companies heading south to the U.S. "I would stop this mass expansion of the heavily subsidized wind turbines across

our province," he said.

"We are paying exorbitant contracts to build these turbines, and that is driving our hydro rates through the roof," Hudak said by reducing power costs, more businesses will invest in Ontario.

Hudak was joined by Niagara Falls riding Conservative candidate Bart Maves when he spoke to the media.

Maves said he supports wind and solar energy, as long as they are efficient.

NDP Leader Andrea Horwath's solution to bring more

jobs in Ontario focuses on tax credits.

"She was in St. David's Wednesday pitching her party's job creator tax credit that would provide a targeted incentive for companies that invest in Ontario workers and equipment."

"It's a simple plan: create a new job, get a tax credit, and it applies to a new job anywhere from entry level to management," said Horwath. "A diversified local economy is a healthy local economy. Niagara has a rich growing tradition. Targeted tax incentives

can help home-grown business across sectors from agriculture to manufacturing."

Both Hudak and Horwath have made several appearances in Niagara since former Liberal MPP Kim Craitor announced his resignation in September.

A byelection to fill the vacant seat must be called by March.

matt.day@sunmedia.ca

IN BRIEF

### Teen arrested after Lakeshore lockdown

Tribune Staff  
**PORT COLBORNE** — A student with a pellet gun was arrested at Lakeshore Catholic High School last Thursday after the school was put into lockdown.

Niagara Regional Police responded to a weapons call at the school shortly after noon. Information was received from school administration that a student may be in possession of a handgun, said NRP spokesperson Const. Derek Watson. It was unknown whether the gun was a real firearm or a replica.

As a precaution, the school went into lockdown, which lasted about 20 minutes, Watson said.

Responding officers recovered a pellet gun on the property and the teen, who cannot be named under the Youth Criminal Justice Act, was arrested. Police said the youth has been dealt with through extra judicial measures in compliance with the act.

Niagara Catholic District School Board education director John Crocco said the principal and staff at the school acted promptly to the possible threat by putting the school into an immediate lockdown to safeguard the safety of students and staff.

He thanked the NRP for their quick response and reminded students that replicas of weapons are not permitted on school property.

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## INPORT NEWS

Published by InPort News

Sun Media Corp.

228 East Main Street, Welland, Ontario, L3B 5P5

Tel: 905-732-2414 Fax: 905-732-3660

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John Tobon, publisher, print &amp; digital

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## ■ ourview

## Tradition enhances song

THOMAS RHT  
First Lutheran

I love to sing

Indeed I do. I love to sing  
do do do do do do do do.

That's something we sometimes sing when we warm up at the beginning of choir practice. I do love to sing. I always have. I sing in our church choir and I sing in a community choir in the Niagara region called Choralis Camerata.

When I was a boy I was one of those high-voiced soprano types. I didn't sing in any kind of boy's choir or children's choir. I sang in Sunday school and in public school and at home. When my voice started to change it would crack when I sang the high notes so I'd sing an octave lower, rumbling in the bass area. When my voice was changing I settled in as a tenor.

When I was in my mid-tens the assistant organist at our church started a youth choir. It wasn't very long-lived. I don't think there were many singers or much commitment from the few who did attend, so when that choir disbanded those of us who still wanted to sing joined the adult choir. I've been singing in choirs ever since.

This is my fifth season singing with Choralis Camerata and this year was my third time singing Handel's Messiah with that choir. Our accompanist told me that eventually I'll get it right. It's an amazing composition and, for me at least, so much fun to sing. If nothing else, everyone is likely familiar with the Hallelujah chorus.

There is a tradition that when that chorus is sung the whole audience stands as if the

composition itself. There are a few stories about how it came about but this is my favourite. Whether there is any truth in it, I like the story. When King George II attended a performance of Messiah he stood when the Hallelujah chorus was being sung. When the monarch stands everyone stands so the whole audience got to their feet. But why did he stand? It's said that he was moved to stand because he felt he was in the presence of Jesus Christ, the King of Kings himself. In fact the words of that chorus proclaim Christ as "KING OF KINGS, AND LORD OF LORDS, and he shall reign for ever and ever".

Now, some people might think the Hallelujah chorus has been overdone and overused almost to the point of trivializing it. I'd almost be inclined to agree. That was until I actually sang it. When I sing those words, when I praise my Lord and my God, the King of Glory, my voice often falls me and only after a hard swallow am I able to sing again.

With Christmas right around the corner there will be lots more singing, at least for me and my household. In church on Christmas Eve and the two Sundays following Christmas we'll be hauling out all of the familiar carols and a few that might not be so familiar. We'll join the song of the angels as we sing Gloria in excelsis Deo. Glory to God in the highest. Go find a church this Christmas season and let your voice join in the song. It doesn't matter if it's flat or sharp or monotone or if you can sing like an angel. Just make a joyful noise to the Lord. And Merry Christmas.

## You could be major in wine at college? Really?

I hosted a literary event last week at which the wine was supplied by Niagara College. The wine was good but the idea that college kids can major in wine these days took me back a bit. College kids making, tasting, swirling wine? For full credit. Really?

I attended Waterloo Lutheran University in the late '60s and although there was plenty of wine involved, I assure you it was not supplied or even condoned by the faculty.

I can just imagine if it was. There I would be in the Waterloo Lutheran University gym on registration day wondering first of all why I was here. I really had no desire to attend a post-secondary school but I remember my mother saying "But Bill, you could be the first Thomas to go to university." Not a real resounding endorsement for the Thomases who had come before me. It was like many have tried, but Grade 10 proved to be a mountain too high to climb.

So there I would be, living my mother's dream and speculating out loud what I should major in — English? History? Philosophy? — "Oh, hi there, how are you?"

This is a pleasant woman sitting at a table marked "Wine-101."

"Would you like to join our course? It's all about wine."

"Well let me just take say 45 seconds to think about that. OK, I'll join."

Then she would hand me the course curriculum and registration form and I would say: "Gee whiz, are girls allowed to take this course, too?"

And she would assure me the wine course is completely co-ed and I would push my luck with one last question:

"Ah, not that I know anything about the stuff but would there be even a modest amount of medium-grade marijuana involved in this course because let's see one, two, three — yeah, that would pretty much fulfill all my social and scholastic needs from now until I graduate from here in eight or nine years."

"And if you have a pizza oven, then I would just submit my apartment and move right into the lab."

Wine made and supplied by the school I attended? That being the case I could have shaved about \$100 a month off my Mateus Rosé budget. If you attended a Canadian University in the '60s there's a good chance you also belonged to a devoted sect of followers who worshipped at the altar of Mateus Rosé, the sparkling, pink, poor man's Champagne. And that altar was adorned with candles jammed into the neck of the Mateus bottles.

Remember that... the candles, a bottle of cold Mateus, a plate of warm brownies and the next thing you know you're lying on your back on the living room carpet making animal shadows on the ceiling when you notice all that crazy light is coming from the drapes which happen to be on fire. And what valuable lesson did I take away from that potentially fatal experience? That a nearly full bottle of Mateus when violently shaken, does the work of a small fire extinguisher.

Once and awhile Robbie Misener and I will sit around and reminisce about the good old' days at Waterloo Lutheran University and frankly, not a lot gets said because neither of us remember much about that period in our lives.

Oh, wait. There was one night we will never forget known as the "emergency

pizza incident." At some point the delivery guy got tired of us trying to pay him with IOUs and the pizza place cut us off.

So one night we decided to make our own pizza. We laid out all the ingredients on the kitchen counter — pizza dough, jar of sauce, cheese, mushrooms, pepperoni, Mateus Rosé and a hunk of what appeared to be chewing tobacco and pen tops.

I was in charge of chopping up the peppers and scraping out the seeds with my thumbs and these were not just any peppers but Jamaican peppers and not the red ones but the evil green ones you could almost use to weld metal.

At one point I began to tear up from the heat rising from my bowl of chopped-up peppers and... and that's when I thought it would be a good idea to remove my contact lens. Yeah, Robbie says I made a noise that caused Amish dogs to cock their heads and start barking in St. Jacobs. Yeah, try explaining bow that happened to the only nurse on duty in the emergency room of the nearest hospital. Try explaining that although your eyes are as red as raw meat and swollen shut and the pain has spread to your brain, you can somehow still find it in you to yiggle.

I still enjoy a glass of Mateus Rosé once in awhile but that other stuff, that slow burning, hunk of brown, unidentified substance inhaled through pen tops... I don't do that anymore. I often wonder how I ever survived the 1960's but I can tell you one thing for sure, I had majored in wine. I would not have.

www.williamthomas.ca

## IN BRIEF

## Fire causes minor damage at former Port arena

PORT COLBORNE — The former West Side Arena filled with smoke on Wednesday morning after a smouldering fire broke out.

Port Colborne Fire and Emergency Services responded to reports of a structure fire at the Westside Rd. building shortly after 9 a.m.

Some soldering work was being done Tuesday evening to the pipes in the first level hallway, which inadvertently caught the building's insulation on fire, said Fire Chief Tom Cartwright.

The fire had smouldered over night

and when the owners arrived in the morning, the building was filled with smoke, he said.

Firefighters were on scene until shortly before 11 a.m. to put out the fire and clear smoke from the building.

Cartwright said damage was minimal and estimated at about \$2,000.

The decommissioned arena was sold from the city to Port Colborne Yacht Harbour and Marine Ltd. in November for \$252,500.

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■ **POVERTY:** Demand for Niagara food bank aid continues to rise

# A growing hunger for food

**ALLAN BENNER**  
Tribune Staff

A report by the Ontario Association of Food Banks paints a grim picture of poverty throughout the province, but local food bank representatives say the reality in Niagara is even worse.

The 2013 Hunger Report, released Monday morning, shows more than 375,785 Ontarians rely on food banks each month.

Although the report says the number of food bank users decreased compared to last year's record of 412,998 per month, the numbers have been steadily increasing locally.

"We definitely are one of the (Ontario Association of Food Banks) members whose numbers have not gone down. They've gone up," said Port Cares executive director Lynda Reinhardt.

"Last year... we had 1,762 children, and by the end of March this year it's going to be 2,444," she said.

Betty Lou Souter, executive director of Community Care, St. Catharines and Thorold, said her agency has been seeing increases of 5% to 8% annually.

And although the Hunger Report says about a third of food bank users

are children, Souter said the number of children using the food bank at Community Care is far higher.

"Some months we're up as high as 49 or 50%," she said. "It's very disturbing."

Project SHARE in Niagara Falls set a record last week for the number of people using its food bank, said executive director Elaine Pihach.

"We had a record high 149 families for emergency food in one day," Pihach said, adding that figure is about 50 more than usual.

"We used to call it our emergency food program, now it's become our necessity food program," she said. "It's not an emergency because every single month people are having to come in."

Hope Centre executive director Mark Carl said his Welland-based food bank is seeing small increases of about 3% each year.

Many of them, he added, are "the working poor."

They're trying to make ends meet working part-time, minimum-wage jobs, "and they're needing the services a little bit more."

Pelham is holding its community food drive Saturday morning, to restock shelves at Pelham Cares' food

bank.

The food won't last long.

"Most of our food comes in through the food drive in December, and then by Easter or certainly by June we're out of an awful lot of things," said Pelham Cares president Jane Gilman.

In Welland, Open Arms Mission executive director Jerry Vanderklok said the community is continuing to struggle with job losses, leading to higher levels of food bank usage compared to other parts of the province.

"Every month we have a number of brand new clients. There are new people, new situations and new people moving into the area," Vanderklok said. "What happens after that when you haven't been able to find work? It's just a given that we're going to face harder times than some other areas."

The cost of housing is another sig-

nificant problem in Niagara.

Although the report says food bank clients on average spend about 71% of their income on housing, Souter said that number is higher among her clients.

When people are spending 75% of their income just to pay their rent, she said there isn't much left over to buy groceries — and that doesn't include paying utility bills.

"We have a lot of people who are working but don't have enough income to sustain their expenses," Souter said.

Carl said the increasing cost of utility bills is "putting a real squeeze on people" who often choose whether to pay their bills or buy food.

allan.benner@sunmedia.ca



ALLAN BENNER/TRIBUNE STAFF

Melissa Kirkpatrick from Open Arms Mission stands beside the well-stocked shelves of the Welland-based organization's food bank, following the community's food drive a month ago. An increasing number of people are relying on food banks in Niagara and across Ontario.

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■ **BUYING LOCAL:** Holiday shoppers may want to spend their hard-earned dollars at home

# Gift-giving made in Niagara

**MARYANNE FIRTH**  
Tribune Staff

Erin Snow has always known Niagarans are crafty.

But it wasn't until she founded the online Niagara Etsy Artisans market in 2009 that her eyes were truly opened to the creative talent within the region.

When the Fenwick resident started the online networking group, through e-commerce site Etsy, she had no idea how many Niagara-made items were already out there just waiting for exposure.

"I didn't realize how many people were making hand-crafted items from home," she said, "and trying to create viable businesses."

As a business owner, Snow knows how difficult it can be to spread word about locally-made items that are available. She's been running *Clashing Clouds* out of her home for the past 15 years, selling bath and body products, as well as essential oils for aromatherapy.

Snow hoped the online regional market would catch on, and it seems it has.

Since its inception, Niagarans have set up more than 175 online shops to sell handmade clothing, jewelry, toys, artwork, home décor items and bath and body products.

"I think people want handmade items because they're high quality and can sometimes, depending on what they are, last for generations," Snow said.

Etsy, which focuses on handmade and vintage items, has become a great resource to find these unique gifts, she said.

"People know you put a lot of work into handmade items.

These are people following their passion. There's a story behind every product."

Gail Todd, owner of Port Colborne boutique *Something Else*, believes there's a pride in purchasing products made within the region. Her store features "upcycled" and handmade clothing, accessories and décor created by close to 50 local artists.

"There's significance when you buy items made here," she said, and as a bonus each purchase means money coming back into the local economy.

The holiday season is a busy time of year for local artist Marla Coxat Forks Road Pottery in Grimsby.

"If it's a good season, about 25% of our business is in December," she said.

"We sell tons of mugs," she said, along with a variety of other handcrafted items available at the store.

Yarn bowls for knitters and pie plates have been the "hot sellers" this season, she added.

For the foodie on your shopping list, Niagara Presents, which has a shop in Beamsville and recently opened a temporary storefront at Rose City Plaza in Welland, has a selection of locally-made gourmet preserves.

The business, owned by Niagara Women's Enterprise Centre and parent non-profit organization Niagara Peninsula Homes, supports through its sales training programs and services for women in need in the community.

Along with offering their own jams, jellies and other treats, Niagara Presents also creates custom baskets filled with



MARYANNE FIRTH/QUI AGENCY NIAGARA

Niagara Crafters manager Betty Molenaar holds a hand-painted pair of skates available at the Port Colborne store.

unique items made within the region.

Local artist Kelly Langley Davies believes a work of art can be the perfect present for the holidays.

"It's forever. It doesn't go out of style. It appreciates in value always," she said while stopping in at *Something Else*, where she sells her work.

"What other gift can you say,

"I'll keep that forever?"

Purchasing the right piece of art for someone can be difficult, but when a shopper finds a piece that "speaks to them" or has a quality that reminds them of the individual they're shopping for, they'll know, Langley Davies said.

For gift-buyers looking for that one-stop shop for all things handmade, Niagara Crafters in

Port Colborne fits the bill.

Featuring the work of 99 Niagara artisans, the shop sells clothing, accessories, toys, home décor, Christmas cards and decorations, candles, and glassware and woodwork, among other items.

"It's an everyday craft show," store manager Betty Molenaar said with a smile.

"It's a place to buy something

no one else has."

The volunteer-run store has expanded significantly since opening in April 2012 with only a handful of artists. It's now open six days a week and offers, along with its regular hours, private shopping parties.

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# NOTICE OF POSTING TO THE ENVIRONMENTAL REGISTRY SECTION 15 ONTARIO REGULATION 359/09

## by Niagara Region Wind Corporation regarding a Proposal to Engage in a Renewable Energy Project

**Project Name:** Niagara Region Wind Farm

**Project Location:** The Niagara Region Wind Farm (the "Project") is located within Haldimand County and Niagara Region (including the Townships of Wainfleet and West Lincoln and the Town of Lincoln). The electrical interconnection components are located within the Town of Lincoln and the Township of West Lincoln, in Niagara Region, and in Haldimand County in southern Ontario.

**Dated At:** Haldimand County and Niagara Region on this the 11th day of December, 2013.

Niagara Region Wind Corporation ("NRWC") is planning to engage in this renewable energy project in respect of which the issuance of a Renewable Energy Approval is required. The proposal to engage in the Project and the Project itself are subject to the provisions of the Environmental Protection Act of Ontario (Act) Part V.0.1 and Ontario Regulation 359/09 (Regulation). This notice is being distributed in accordance with Sections 15.1 and 15.2 of the Regulation following posting of the Project on the Environmental Registry.

### Project Description

Pursuant to the Act and Regulation, the facility, in respect of which the Project is to be engaged in, is considered to be a Class 4 Wind Facility. If approved, this facility would have a total maximum name plate capacity of 230 MW. The Project Study Area and proposed turbine layout is shown in the adjacent map. The Project will consist of approximately 77 ENERCON wind turbine generators (80 potential locations identified). The collection and transmission system includes a 34.5 kilovolt (kV) overhead and underground electrical power line collector system, two transformer substations, a 115 kV transmission line, fibre optic lines and a tap-in location. Other project components include access roads, junction boxes (or pad-mounted disconnect switches) and associated culverts at swales and waterbody crossings. Temporary components during construction may include temporary laydown areas (for storage and staging areas at each turbine location), crane pads or mats, staging areas along access roads, delivery truck turnaround areas, central construction laydown areas and crane paths.

### Documents for Public Inspection

NRWC has obtained and prepared supporting documents in order to comply with the requirements of the Act and Regulation. Copies of all final documents are available for public inspection online at [www.nrwc.ca/projectdocuments](http://www.nrwc.ca/projectdocuments).

### Environmental Bill of Rights 1993:

A proposal for a Renewable Energy Approval in respect of this renewable energy project has been posted on the Environmental Registry ([www.ebr.gov.on.ca](http://www.ebr.gov.on.ca); Registry Number: 012-0613) referred to in Section 5 of the Environmental Bill of Rights, 1993 and that comments in respect of the proposal may be submitted to the Director. All comments received prior to February 1, 2014, will be considered as part of the decision-making process by the Ministry of the Environment if they are submitted in writing or electronically using the form provided in the Environmental Registry notice.

### Project Contacts and Information:

To learn more about the Project, please contact:

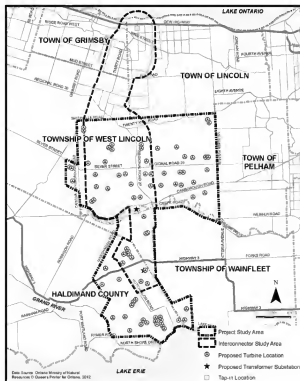
Project Email Address: [info@nrwc.ca](mailto:info@nrwc.ca)

Project Website: [www.nrwc.ca](http://www.nrwc.ca)

Project Phone Number: 905-390-3306 or 1-855-720-2892 (toll free)

Robert Daniels, Vice President  
Niagara Region Wind Corporation  
277 Lakeshore Road East, Suite 211  
Oakville, ON L6J 6J3

J.A. (AJ) Leggett, BA, MCIP, RPP, Project Manager  
Stantec Consulting Ltd.  
300 - 675 Cochrane Drive West Tower  
Markham, ON L3R 0B8



Information will be collected and used in accordance with the Environmental Protection Act and Freedom of Information and Protection of Privacy Act. This information will be used to assist NRWC in meeting applicable environmental approvals requirements. This material will be maintained on file for use during the project and may be included in project documentation. Unless indicated otherwise, personal information and all comments will become part of the public record and publicly released as part of project documentation.



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## New uniforms for Niagara Health System

Niagara Health System is about to get a fashion change.

It is set to adopt standardized, colour-specific uniforms to help patients and family members more easily identify its health-care team and avoid confusion.

As an example, its nursing staff will dress in light blue uniforms and rehabilitation staff will sport burgundy garb.

"We often hear from patients and families that they have difficulty distinguishing our staff," said NHS director Angela Cox, who chaired the

system's uniform task force.

"And we are always looking for ways to enhance the patient experience. This new initiative will support our efforts to provide patient-centred care in a professional environment," she said.

"Other hospitals in the province have adopted a similar approach and have found it effective."

A firm delivery date has not been set for the uniform transition, due to manufacturing delay partly caused by the recent Philippines typhoon.



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## ■ SOCIAL HOUSING

# Region asked to back homeless shelter for vets

JEFF BOLICHOWSKI  
(QMI Agency Niagara)

Niagara Region has been asked to join a bid to shelter the roughly 40 homeless veterans living on Niagara's streets.

Regional council's public health

committee asked region staffers to keep working with a group aiming to build a shelter for veterans and homeless men in Niagara Falls. The proposed shelter, touted as a national first, would aim for up to half of its occupancy taken up by veterans without a home from across Niagara.

"What we're proposing is not simple. We know that," said Carol Stewart-Kirkby, executive director of the United Way of Niagara Falls and Greater Port Erie.

The proposed veterans and community shelter, she said, would feature "tailored services for people who have

served in the Forces."

"We have it on good authority this would be the first of its kind in Canada," she said.

But the shelter would also fill a gap in Niagara Falls, where few supports exist for homeless men.

She said the Salvation Army's Homelessness Outreach in that city is on course to serve 108 men this year. Many, she said, go to St. Catharines and Welland for help, but that cuts them off from services at home.

"There really is no shelter service for single men in Niagara Falls," Stewart-Kirkby said.

"This is a solution that will provide services to those gentlemen, to families as well, and to veterans."

The project is still a work of the committee held Tuesday. A group of partners is backing the effort as proponents seek both a property and cash for an operating budget.

Welland Coun. Dan Fortier wondered if the group had explored using a vacant school in Niagara Falls to house the building.

Stewart-Kirkby said, "Certainly it's something we could have a conversation about."

She figured building or moving into an existing shelter structure would cost

about \$2 million as a "ballpark" figure.

The group said shelter services would be delivered 24 hours a day, seven days a week, by YWCA Niagara Region. It would host 15 single beds and up to five family units.

Their goal is to "stabilize" 150 men and 45 families per year.

Councillors ultimately backed a move by St. Catharines Coun. Tim Rigby to keep region staffers involved and working with the group. Organizers asked the region to partner with them and sought a regional council representative on the shelter committee.

Committee co-chair Barb Greenwood figured the region could consider pitching in financially once the group has obtained a building.

But, she said, the need in Niagara Falls is real.

"We actually bus people to St. Catharines to sleep at night and then bring them back," said the Niagara Falls councillor. "That's so unnecessary."

"(The group) knew what they want, but it's kind of putting the cart before the horse. They need a place to go first."

Greenwood said once veterans are housed and sheltered, they can eventually move back into the community.

But she said many homeless people don't talk much about their situation.

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■ **POVERTY:** Demand for Niagara food bank aid continues to rise

# A growing hunger for food in Niagara

**ALLAN BENNER**  
Tribune Staff

A report by the Ontario Association of Food Banks paints a grim picture of poverty throughout the province, but local food bank representatives say the reality in Niagara is even worse.

"The 2013 Hunger Report, released Monday morning, shows more than 375,789 Ontarians rely on food banks each month.

Although the report says the number of food bank uses decreased compared to last year's record of 412,996 per month, the numbers have been steadily increasing locally.

"We definitely are one of the (Ontario Association of Food

Banks) members whose numbers have not gone down. They've gone up," said Port Cares executive director Lynda Reinhart.

"Last year ... we had 1,762 children, and by the end of March this year it's going to be 2,444," she said.

Betty Lou Souter, executive director of Community Care, St. Catharines and Thorold, said her agency has been seeing increases of 5% to 8% annually.

And although the Hunger Report says about a third of food bank users are children, Souter said the number of children using the food bank at Community Care is far higher.

"Some months we're up as

high as 49 or 50%," she said. "It's very disturbing."

Project SHARE in Niagara Falls set a record last week for the number of people using its food bank, said executive director Elaine Pihach.

"We had a record high 148 families for emergency food on one day," Pihach said, adding that figure is about 50 more than usual.

"We used to call it our emergency food program, now it's become our necessity food program," she said. "It's not an emergency because every single month people are having to come in."

Hope Centre executive director Mark Carl said his Welland-

based food bank is seeing small increases of about 3% each year.

Many of them, he added, are "the working poor."

"They're trying to make ends meet working part-time, minimum-wage jobs, and they're needing the services a little bit more."

Pelham is holding its community food drive Saturday morning, to restock shelves at Pelham Cares' food bank.

"The food won't last long. Most of our food comes in through the food drive in December, and then by Easter or certainly by June we're out of an awful lot of things," said Pelham Cares president Jane Gilmore.

In Welland, Open Arms Mission executive director Jerry Vanderklok said the community is continuing to struggle with job losses, leading to higher levels of food bank usage compared to other parts of the province.

"Every month we have a number of brand new clients. There are new needs, new situations and new people moving into the area," Vanderklok said. "What happens after that when you haven't been able to find work? It's just a given that we're going to face harder times than some other areas."

The cost of housing is another significant problem in Niagara.

Although the report says food bank clients on average spend

about 71% of their income on housing, Souter said that number is higher among her clients.

"When people are spending 75% of their income just to pay their rent, she said there isn't much left over to buy groceries — and that doesn't include paying utility bills."

"We have a lot of people who are working but don't have enough income to sustain their expenses," Souter said.

Carl said the increasing cost of utility bills is "putting a real squeeze on people" who often choose whether to pay their bills or buy food.

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## POLICING



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The Niagara Regional Police Service signed on Friday December 6, 2013 a protocol between the Niagara Regional Police Service, Victim Services Niagara, Niagara Victim Witness Assistance Program and the Niagara Health Systems Sexual Assault/Domestic Violence Treatment Center. The protocol will provide a uniformed and consistent response by all the partner agencies when responding to domestic violence offences. From left are Chief Jeffrey McGuire, Ruth Rutherford-Pretty executive director of Niagara Victim Services, Lisa Hildebrand, clinical manager with the NHS and Alison Hamilton Allen from the Ministry of the Attorney General of Ontario.

## NRP sign new domestic abuse protocol

JEFF BOLUCHOWSKI  
QMI Agency Niagara

Abuse victims across Niagara will now have the same police experts on the case.

That's what the thousands of yearly callers reporting domestic violence can expect from a new protocol signed Friday by Niagara Regional Police and victims' aid groups.

Prior, said Chief Jeff McGuire, police dealt with domestic violence through each police detachment. Now it's centralized, meaning every corner of Niagara will have access to specialists skilled in handling domestic abuse.

"It gives everyone, in every corner of the region, the right to expect the same treatment," McGuire said.

The new protocol comes after police received 6,910 calls since Dec. 30, 2012, related to domestic

incidents. Of those, 972 cases were investigated further by the NRP's domestic violence unit.

All told, 737 of those cases resulted in arrests. And 1,456 charges have been laid so far this year — already up by 605 charges compared to all of 2012.

The new document, signed at a brief ceremony at NRP headquarters, was welcomed by domestic abuse counsellors and victims' advocates.

"It is a very good day," said Victim Services Niagara executive director Ruth Rutherford-Pretty. "Victims know they'll never have to walk alone."

Rutherford-Pretty said the protocol is about the community working together to ensure victims are well-served.

"I think it's good for victims to know that we're all aiming for the same goal," she said.

McGuire said it's been chal-

lenging over the years for police and victims' agencies to come together properly.

In the past, he said, police have tried to serve all areas equally, but he conceded some parts of Niagara were likely under-served.

Now, he said, all cases will come through the central domestic violence unit.

That centralized unit got rolling last Dec. 30. It hosts 12 investigators and a sergeant.

McGuire said the new protocol was based on research conducted not only with advocacy groups, but with victims of domestic violence.

He said the document forms another tool, allowing for more oversight and accountability on the part of police.

"I think we're doing a really good job of getting things better every day," he said.



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# Canned food buys gifts

PORT COLBORNE — The Helping Green ELFS (Ever Loving Family Support) are returning to Port Colborne, helping to make it a joyful holiday season for people.

The team of volunteers led by Lisa Green holds the second annual Kids Shop Free For Christmas plus Food Drive event, Saturday 2 p.m. to 5 p.m. at the Guild Hall, 72 Charlotte St.

It's an opportunity for children to browse through gently used donated toys, allowing them to buy gifts for their loved ones. But instead of using

money to purchase the items, they can use non-perishable food to buy the gifts. One can of food is enough to purchase one gift.

In an email, Green said about 450 people visited Guild Hall for the inaugural event, and they collected about 450 kg of food for Port Cares in the process.

Saturday's event will feature entertainment provided by the Music Depot Choir, Port Colborne firefighters and a visit from Santa Claus. More information is available at helpinggreeneels.webs.com.



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# IMPORT DATEBOOK

## DECEMBER 12

### NIAGARA PROSTATE CANCER

Support Group meets 7 p.m. at the Canadian Cancer Society office, 45 Hamovier Dr., St. Catharines. Speaker Dr. Kamal Mattar, urologist, plus discussions. Men and women welcome. For more information 905-334-1685; **PHILOSOPHER'S CAFE**

at Wainfleet Township Public Library, 6:30 p.m. This month's topic of discussion: "Marriage—Divorce: Where are relationships going?" All welcome.

## DECEMBER 13

### NIAGARA SPAY NEUTER

Assistance Program is holding a huge cat and kitten Home For Christmas Adoption Event at the Fonthill Pet Valu, 20 Canboro Rd.,

Fonthill, this day and Dec. 14. Great cats looking to come home. Special N-SNAP adoption fee: \$50 Includes spay/neuter, microchip, parasite control, vaccines. Contact 289-897-8514 or [nrsnap@cogeco.ca](mailto:nrsnap@cogeco.ca).

## DECEMBER 14

### KIDS PAINTING

at Port Colborne Public Library. Children ages six to 12 can paint a snowman, 3 p.m. to 4 p.m. Cost \$4. Pre-register at the library.

### CHRISTMAS IN THE COUNTRY

Welland country singer Brian Hache joins Nashville recording artist Debbie Bayshaw for evening of country and Christmas songs at 7 p.m. at Port Colborne Seniors Centre, 554 Fielden Ave. Tickets are \$15 or two for \$25 and available at the centre or by calling 905-325-5704.

## PORT COLBORNE LEGION

Music by Scott & Terry, 8 p.m. Open to the public.

## DECEMBER 15

### TWILIGHT JAZZ ENSEMBLE

featuring Juliet Dunn and Peter Shea, plays at 2 p.m., Roselawn Centre for the Arts, 295 Fielden Ave., Port Colborne. Call 905-834-7572 or e-mail: [boxoffice@portcolborne.ca](mailto:boxoffice@portcolborne.ca).

## DECEMBER 16

### HEARING CLINIC

Connect Hearing will be at Pelham Library for free hearing screenings and answering any questions, 10 a.m. to 1 p.m. Schedule your appointment by calling 905-892-6068.

### KNITTING CIRCLE

at Wainfleet Township Public Library, 6:30 p.m. to 8 p.m. Drop-in to knit together, share patterns, help each other and learn how to knit. Crocheting welcome, too.

## DECEMBER 18

### WII BOWLING FOR SENIORS

at Port Colborne Library. Join other seniors for an afternoon of fun, low-impact exercise, and a bit of friendly competition. Free admission, 1:30 p.m. to 3:30 p.m.

### PORT CARES EMPLOYMENT

Services is at Wainfleet Township Public Library 9 a.m. to 11 a.m. An employment adviser will provide drop-in services and suggest resources, and review and make recommendations about your resume. For more information call Port Cares at 905-834-3623.

## DECEMBER 31

### NEW YEAR'S EVE

dinner and dance at Casa Dante. The evening includes a full-course meal, party favours, a midnight snack table, champagne and music by D.J. Dominoes. Tickets are \$55 a person. For tickets or information call the hall at 905-735-9879 or Angelo at 905-734-3914.

### NEW YEAR'S EVE

celebration at the Hungarian Hall, 361 Hellens Ave., Welland. Appetizers, dinner, dance and midnight snacks. Dinner: roast beef, cabbage rolls, breaded chicken, potatoes, vegetables, salad, coffee/tea and dessert. Music by D.J. — Ignite Entertainment. Tickets \$45 a person. For tickets call Anna at 905-735-0959, Eva at 905-734-3593 or Tibor at 905-735-6447.



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■ **WRESTLING:** WWE legend Jake "The Snake" Roberts puts substance abuse behind him

# 'It just tickles me that they remember me'

JEFF BOLICHOWSKI  
QMI Agency Niagara

ST. CATHARINES — The Snake has slithered out of the shadows and back into the squared circle.

For former World Wrestling Entertainment wrestling star Jake "The Snake" Roberts, a Saturday swing through St. Catharines was a chance to catch up on lost time.

The superstar of the 1980s and '90s, known for cutting cryptic interviews and laying huge snakes on his vanquished foes, grappled with substance abuse in recent years. But he said those problems are behind him as he prepared to wrestle at the Meritton Community Centre to benefit Niagara Children's Centre.

"I think it's great, man," he said. "It's great for me. I've sobered up. I've cleaned up. I'm getting around, seeing the things I've missed."

"It's just getting to see the fans. It just tickles me that they remember me."

Roberts was set to take part in an eight-man match as part of Crossfire Wrestling's Jingle Bell Brawl II event.

But he said he's got plans for the future, among them releasing an autobiography. And he said he's hoping to appear in WWE's 30th annual Royal Rumble battle royale.

Promoter and wrestler "Go Home" Chris LaPlante said he hoped to raise \$1,500 for

the children's centre. Bringing in Roberts, whom he met in Las Vegas, would help immensely, he said.

"I'll be honest with you. This is the biggest show I've probably ever done," he said.

He said Roberts looked to be in great shape when they met, so he asked him to St. Catharines.

"I figured having him here would add so much more to the show," said LaPlante, who was set to team with Roberts Saturday night.

"He was one of my all-time favourite wrestlers growing up."

Sam Marano, 44, and his family were among dozens who paid extra to attend a meet-and-greet with Roberts ahead of the show.

"Wow. It's unbelievable that I can meet a guy I used to follow as a teenager, and I get to meet him now at my age. Unbelievable," he said.

He said he vividly remembers watching Roberts as a youth, including his placing his snake — typically dubbed Damien on his opponents. "I thought the guy he was wrestling would just be terrified."

As for Roberts, now 58, and who on Friday night signed autographs at Seaway Mall in Welland, he said he plans to keep wrestling "until I ain't having fun."

jeff.bolichowski@sunmedia.ca  
Twitter: @Jeff\_Sardard



BOB TYMCZYK/QMI AGENCY NIAGARA

A local wrestling group is hosted a fundraiser card for children's services. Headliner Jake "the Snake" Roberts from the 1980s WWF posed with fans prior to the matches in a meet and greet. Houston Marano poses for a photo with the wrestling great.

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■ **TRAGEDY:** Driver's parents launch charity effort to help abused women



SUPPLIED PHOTO

Mo and Nazlin Merani pose with a photograph of their son Arif and his honours degree. Arif died in October after being struck and killed by a car.

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**ALISON LANGLEY**  
QMI Agency Niagara

NIAGARA FALLS — Arif Merani was only two months away from earning his law degree at Carleton University when his life was cut short by tragedy.

On Oct. 15, the 22-year-old Niagara Falls native was struck and killed by a car on Hwy. 401.

"He was a gentle giant," said his father Mo Merani. "He was a kind soul. He didn't ask for much and was content with everything in his life."

Merani said his son's dream was to be a lawyer and to fight for the rights of women.

In support of Merani's goal, his family has launched a fundraiser to benefit Gillian's Place in St. Catharines.

**He was going to specialize in aboriginal law and the justice system and Gillian's Place serves a lot of aboriginal women so we want to support them."**

Mo Merani

"We want to continue his legacy," Merani said.

"He was going to specialize in aboriginal law and the justice system and Gillian's Place serves a lot of aboriginal women so we want to support them."

Donations boxes have been placed at the Royal Bank on Lundy's Lane, the Bank of Montreal at Niagara Square, the Royal Bank

“

on Front St. in Thorold and

First Ontario Credit Union

on Albert St. in Thorold.

The donation boxes will be on display until mid-January and donations can also be made at the counter in Merani's name.

"This will be a lifetime project for us," his father said. "This will become a yearly event."

Merani was passionate

about sports, particularly football and basketball so the family is also planning to host a fundraising basketball or golf tournament next year.

Merani was heading back to school in Ottawa after visiting family and friends in Niagara Falls when he pulled over on Hwy. 401 because he suspected he had a flat tire. As he exited the driver's side door, he was struck by a passing vehicle.

"That night he was telling me that he wanted to help women," his father said. "He was almost done school, so you would think he'd be thinking about parties or girls, but he was thinking about abused women."

alison.langley@sunmedia.ca  
Twitter @nalslangley



## Choirs to carol at Seaway Mall

WELLAND — Sounds of the holidays will echo through the corridors at Seaway Mall this week.

Students from Welland, Pelham, Port Colborne and Wainfleet elementary and secondary schools will lend their voices to Choir-Fest and perform at the mall from Monday to Friday.

Performances will take place each day from 11 a.m. to 12:30 p.m. in the hallway between Ernie Allen Court and Winners.

An additional performance will take place Friday from 2:30 p.m. to 3 p.m.

Participating schools, from both the public and Catholic boards, include Quaker Road, Pelham Centre, A.K. Wigg, Ross School, Port Colborne High School, St. Augustine, St. Therese, St. Andrews, St. Elizabeth, St. Patrick and Maple Crest Early School.



AARON BOGGIO  
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Ask Our

Pharmacists



LARRY BOGGIO  
R.Ph. & Sc. Pharm. (owner)

### COLON CLEANSING AND OTHER DETOX METHODS

People often come to the store looking for products that will cleanse their colon, or detoxify their system. They have heard that regular colon or liver cleansing and other methods of detoxification can rid the body of pollutants, aid in weight loss, and prevent cancer.

The theory that over time the body can accumulate harmful toxins such as metals and pesticides is often perpetuated by the media and other advertisers. Proponents believe special treatments including herbs or supplements given orally, or as enemas, or special diets, can remove these toxins from the body.

Unfortunately there is no proof to support any of these claims. There is no special product or method that can rid the body of toxins.

The body is an amazing machine equipped with liver and kidneys that are responsible for filtering and eliminating toxins from the body.

Detoxification programs can actually be dangerous. They often include laxatives that can cause significant diarrhea resulting in fluid loss, and electrolyte imbalances. Some laxatives can worsen heart failure or cause kidney failure in people who have kidney disease.

Enemas and colonics can also lead to electrolyte imbalances and can even cause a perforated rectum. Some deaths have actually been reported with the use of coffee enemas.

For patients who want to optimize their health there are some simple much safer steps that can be taken. The first step for overweight patients is to lose weight by eating more fruits and vegetables and less refined sugar. Secondly, drinking a few glasses of water can help with weight loss and general health. However, it is not necessary to over do water intake either. The body closely regulates the amount of water in your system through homeostasis and your kidneys. Drinking too much can force you to the bathroom with increased frequency and not provide you with any other additional "health" benefit. Simple exercise like walking and some daily fresh air can improve mood and aid in weight loss as well.

For patients who want to take a supplement, there are some that can improve your health. Vitamin D, and Omega 3's have shown significant health benefits. Adults should take at least 1000 IU of vitamin D a day for bone health and cancer prevention. Omega 3's (EPA and DHA) have shown benefits for heart and brain health. An aspirin a day is also promoted for heart and stroke protection. Finally natural occurring antioxidants that come in berries, green tea, and other naturally occurring sources can help with general overall health.

If you want to improve your health, it is best to avoid colon and liver cleanses and stick to the above mentioned strategies. Speak to your family physician or pharmacist if you would like to add in a supplement, and for advice on the best way for you to "get healthy".

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■ **CHILDREN:** FACS hoping to recruit 20 new foster families

# Foster parents needed

ALISON LANGLEY  
QMI Agency Niagara

NIAGARA FALLS — A quiet day in the Durrant household is a rare occurrence.

When two of their four daughters left home, Bill and Andrea Durrant felt the house was a just a little too empty.

Filling that void was simple. Months before, Bill had picked up a pamphlet on becoming a foster parent.

"I happened to pick up a pamphlet one day and it sat on the table for months and months," Bill recalled.

"We figured we were still young parents when our kids started to leave so we figured we still had a big house and lots of time, so ... why not?"

Since the fall of 2009, the couple have fostered 15 children between the ages of six and 15.

"Some stay for a night or a few days, some stay for longer," Andrea said.

Today, there are four foster children, all girls, and their own two daughters at home.

"There have been a few occasions recently where I was home alone," Andrea said with a laugh. "That doesn't happen very often."

There are currently 570 children and youth in foster care in Niagara, and 177 approved foster homes.

There is an urgent need for more foster parents.

"Despite our efforts to keep kids at home in the care of their parents, that number has been creeping up along with our overall service volumes," said Ann Godfrey, director of development for Family and Children Services.

FACS is hoping to add another 20 foster homes to its roster within the next

four to six months.

"We need foster parents for kids of all ages and range of needs," Godfrey said.

"They all need a stable and secure environment, capable and caring adults to care for them until they can return home, to other family members or to a more permanent arrangement."

Godfrey is an urgent need for foster parents from various ethnic groups, cultures, religions and orientations.

For the Durrants, fostering has been both a challenging and rewarding choice.

"It's terribly hard work, but it's probably the most rewarding thing I've ever done," Bill said.

alison.langley@sunmedia.ca  
Twitter: EnifalLangley



ALISON LANGLEY/NIAGARA FALLS REVIEW

Bill and Andrea Durrant look over some photographs in their Niagara Falls home. The local couple are foster parents.



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■ **DONATIONS:** Toys, children's items needed

# Welland women to build daycare overseas

MARYANNE FIRTH  
Tribune Staff

**WELLAND** — Sitting on the floor surrounded by toys, Lynda Lemon and Bonnie Vadacchino carefully pack the colourful children's items into a container.

The retired educators share a laugh as they exchange stories about past treks to Guatemala and Dominican Republic, and share insight into the playthings they believe will be most popular among young villagers during their next trip.

When the two Welland residents prepare to travel to the impoverished nations, they begin with near-empty suitcases and hearts filled with hope.

While both women have been on missions before, 2014 will mark the first time they've paired up for two trips in a single year.

In January, they will travel to Guatemala for two weeks with a five-member team through Wells of Hope, followed by a one-week stint in Dominican Republic through the Samaritan Foundation.

Lemon and Vadacchino's first trip will have them working at local schools, assisting with a dental clinic and helping to construct an eco-friendly daycare within a village.

It will be built using e-bricks, which consist of plastic bottles filled with inorganic material. Community members come together to clean up the village, gathering the bottles and filling them with trash. Walls are constructed from the bottles, with wire mesh holding them in

place, and the cemented.

"What a good, ecological project," Vadacchino said, adding she's excited to be a part of the build.

"I just love the concept, that the kids get involved and have ownership in their school," Lemon chimed in.

The women are accepting monetary donations to help support the build.

They're also collecting small toys, games, blankets and baby supplies, as well as Spanish children's books, to help stock the daycare upon its completion.

Following the build, Lemon and Vadacchino will be assisting in a dental clinic that sees a team of 22 dental professionals treating hundreds of children, many of whom have never had dental care before. The free initiative is run in partnership with Kindness in Action Service Society of Alberta.

"It's going to be great," Lemon said of her fourth dental clinic experience.

"There are always different challenges, but everyone is so talented, caring and hardworking."

The best rewards from the trips, she added, are the "smiles, hugs and handshakes."

Vadacchino, who will be helping with the clinic for the second time, called it an "amazing feat when you see how many children are treated in four days."

"If you can look back and say 'I helped one person, it's worth it,' she said.

Following their trip to Guatemala, the two women will be



MARYANNE FIRTH/PHOTO NEWS MEDIA

Welland residents Lynda Lemon and Bonnie Vadacchino are collecting small toys and other children's items to bring on their trip to Guatemala with Wells of Hope in January.

joining a mission to Dominican Republic in March alongside a group of about 25 people from St. Thomas' Anglican Church in St. Catharines.

The trip is facilitated through the Samaritan Foundation, which is working to build homes, schools, churches and

medical clinics in Dominican villages.

The Niagara group will be assisting in local schools, but what Lemon is most looking forward to is constructing chicken coops that will help families start up their own businesses.

Chickens and other livestock

can make a world of difference for families in impoverished nations, she said. When her grandchildren get a bit older, Lemon even plans to skip traditional Christmas gifts and purchase goats and other animals on their behalf through World Vision to send to families in

need.

Anyone interested in making a donation for Lemon and Vadacchino's upcoming trips can call Lemon at 905-735-8579 or e-mail lemonlynda@hotmail.com.

maryanne.firth@sunmedia.ca




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■ **FACS NIAGARA:** Agency launches fundraising campaign

# Handing out hope for the holidays

MARYANNE FIRTH  
Tribune Staff

**WELLAND** — Tabitha Tonies is living proof that a little help, and a little hope, can go a long way.

The 20-year-old Port Colborne resident is all smiles as she describes the high marks she's been earning in her FACS Niagara classes.

She wants to be a nurse. And thanks in part to assistance from Family and Children's Services Niagara, she's on

her way to making her dream come true.

For the past two years, Tonies has received a bursary from FACS Niagara that she said has "helped immensely" with the cost of getting a post-secondary education.

She's also received guidance from a FACS youth worker, who has helped her stay on track by accessing assistance available at the college.

The FACS bursaries are given out annually to dozens of high school graduates.

They are funded by the agency's Gift of Hope campaign, which is now running for the holiday season.

Last year, the agency gifted \$80,000 in bursaries, sending 39 teens off to college, university and for job skills training.

Many of the young adults have been in foster care and have no available funds for post-secondary education, said FACS Niagara spokeswoman Ann Godfrey.

The bursary program helps to "give them a good shot at a good

future," she said.

While there are a growing number of youths hoping for assistance to reach post-secondary school, FACS has seen a significant cut in its government funding.

This has made its fundraising efforts even more critical, Godfrey said.

"We know government funds are shrinking. It's a bit more challenging," she said, adding the agency is thankful for the community's continued support.

Along with funding bursaries, the Gift of Hope campaign helps to send hundreds of children to summer camp each year.

"They often come from hard situations," Godfrey said, with many living in poverty, with family violence or addiction.

"It gives them a chance to be a kid for a change."

Contributing to the campaign is a "great way to express your appreciation for someone during this time of year," Godfrey said.

Donations can be made

in honour of an individual or organization.

And the best part, she said, is there's no shopping required.

"It takes the hassle out of shopping for people who feel they don't need anything."

Sponsors and donors who make a contribution to the campaign prior to Dec. 19 will have their name, or the name of the person the donation is in honour of, published in the Dec. 23 print edition of *The Tribune*.

maryanne.firth@sunmedia.ca

■ **POLITICS:** Liberals yet to announce candidate

## No word yet on Falls byelection

RAY SPITERI  
QMI Agency Niagara

**NIAGARA FALLS** — With the incumbent party still without a candidate, it looks as though Niagara Falls riding residents will not be going to the polls during the holiday season.

If a provincial byelection is called Wednesday — the day of the week the writ can be dropped — voting day will be

Jan. 2.

But it doesn't appear the minority Liberal government is interested in going that route.

"I have nothing to add to our previous (November) conversation," Blaine McPhail, a spokesman for Premier Kathleen Wynne, said this week when asked whether the government is any closer to calling a byelection.

McPhail said a byelection

must be called within six months of a seat being vacated, which in this case would be by March after Liberal MPP Kim Craitor resigned Sept. 24.

"Anything else is speculation at this point."

According to Elections Ontario, the writ can be dropped on a Wednesday and, generally, polling day is five Thursdays after that, or 29 days.

Local Liberals are looking for

an ideal candidate to replace Craitor, who was a popular representative for 10 years.

"The local riding association is currently leading the candidate search process and is actively speaking to a number of candidates to find the right person to represent the people of Niagara Falls," Ontario Liberal Party representative Christine McMillan said in an e-mail this week.

Last month, riding association president Karen Garsel said a committee was reviewing a list of candidates.

That review was expected to be finished by late November.

"We're not ready to go public with a candidate as yet, but will let you know when we are," Garsel said on Nov. 21.

She could not be reached for comment this week.

Elections Ontario has secured an office at Niagara Square in preparation for whenever an election is called.

The Progressive Conservatives have named Niagara Falls regional Coun. Bart Maves as their candidate.

The NDP have not yet picked a candidate.

ray.spiteri@sunmedia.ca

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■ **GIVING:** Allysha Faucher performs 28 acts of kindness to celebrate her life

# Welland's secret Santa

**MARYANNE FIRTH**  
Tribune Staff

WELLAND — She made a list. She checked it twice.

And then Allysha Faucher took a page from Santa's book and began making her deliveries.

It was Dec. 6, her 28th birthday, and rather than receive, the Welland mother-of-three chose to give.

She set off on a mission to do 28 random acts of kindness in a single day for people in the community.

Faucher "started small," as she called it, by picking up garbage in her neighbourhood and opening the door for an elderly man who had difficulty getting around.

She then took her quest to the next level.

Faucher left a hat and gloves at Walmart's bus terminal with a Christmas card that read: "Because everyone deserves to be warm."

She taped quarters to the pay phone at Walmart with an attached note reading: "Because someone special wants to hear from you."

She dropped off art supplies at Niagara Children's Centre, hygiene and beauty products at Women's Place of South Niagara, dog treats at Welland and District Humane Society and food at the Hope Centre.

And as her final task for the day, she cut off 38 centimetres of her hair, which

she's been growing for about a decade, and donated her tresses to Locks of Love.

While Faucher will forever cherish each stop she made that day, it was a trip to McMaster Children's Hospital that most touched her heart. There, she delivered a dress to a young girl receiving treatment.

"It was very powerful," she said. "It meant a lot just to be able to make a difference."

It was a health scare in 2012, only nine days before her 27th birthday, that taught Faucher a true appreciation for life. She was hospitalized for a blood clot in her lung while five months pregnant.

While both she and baby Jace came out of the close call unscathed, Faucher knew that for her 28th birthday, she had to do something special.

"You never know if you're going to be here tomorrow," she said. Putting smiles on the faces of others was the perfect way to celebrate 28 years of life. "It felt amazing. It just filled my heart with so much joy and love."

While gestures may seem small, they may mean the world to someone on the receiving end, she said, adding she's never seen a bigger smile than when she handed a shivering crossing guard a hot chocolate for her efforts.

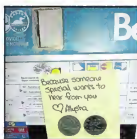
"I'm not a rich person. I'm just someone who gave a little. The sentimental value is priceless."

To share her experience with others and to encourage people to perform random acts of kindness of their own, Faucher posted a photo gallery of many of the deeds on Facebook.

"Just pay it forward," she said, humbled by the attention she's received.

Faucher credited partner Randy Swartz for making the day possible by driving her around Niagara and to Hamilton for the special stops. She also thanked her family for waiting patiently into the night, until her tasks were completed, to celebrate her birthday.

It wasn't until 10 p.m., as the candles



SUPPLIED PHOTO

Welland mother-of-three Allysha Faucher performed 28 random acts of kindness last Friday in celebration of her 28th birthday. Included in the gestures was a stop at Walmart, where she taped change and a note to a pay phone for someone in need.

were lit on her birthday cake, that the attention was turned to Faucher.

But she wouldn't have it any other way.

Faucher plans to continue her gestures in the community by performing 29 additional acts of kindness throughout 2014 to celebrate another year of life.

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THIS WEEK

8 SUN

There are only 23 days left in 2013.

9 MON

National Pastry Day

10 TUES

Humans Right Day

11 WED

14 days until Christmas

12 THURS

Poinsettia Day

13 FRI

In theatres: *The Hobbit: The Desolation Of Smaug*

14 SAT

December is Write to a Friend Month

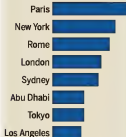
## SURVEY SAYS...

► Do you think it was the right decision to shut down *Fast & Furious 7*?

Yes **84.03%**No **9.03%**Not sure **6.94%**

Source: cinemacore

► What's the best city to play in?



Source: ipsos

► Why do people take 'selfies'?



Source: Virgin Mobile

## TODAY'S PIE



of Canadians agree that they'd rather receive a gift that helps someone in need

Source: ipsos



## QUIZ YOURSELF

It has been three decades since the popular TV series *M\*A\*S\*H* aired its finale in 1983, running the original 251 episodes. How much information have you retained on this Mobile Army Surgical Hospital sitcom? Let's cut to the chase and try this 30th anniversary trivia quiz.

1 Who was the only actor from the 1970 film to reprise a regular role on the TV series (other than 3 occasional characters)?

- a. "Hawkeye" Pierce  
b. Father Mulcahy  
c. "Radar" O'Reilly  
d. "Trapper" John

2 The theme song from the film adaptation of Robert Altman's *M\*A\*S\*H* (1970) was used as an instrumental version in the TV series. What was the title of the song written by Johnny Mandel?

- a. Suicide is Painless  
b. Triage Time  
c. Cuts Like a Knife  
d. The First Cut is the Deepest

3 *M\*A\*S\*H* was selected as the Favorite TV Comedy Series for five consecutive years at the People's Choice Awards (1978-82). During its eleven year run, how many Emmy Awards did the show get?

- a. 5 b. 8 c. 11 d. 14

4 Alan Alda was the first person to win an Emmy Award for acting, writing and directing a TV series. He won five Emmy Awards, co-wrote 19 shows and episodes of *M\*A\*S\*H*?

- a. 11 b. 18 c. 25 d. 32

5 What was the name of the tent where Hawkeye and other officer bunk mates lived?

- a. Lost Weekend  
b. The Swamp  
c. Paradise Lost  
d. Dew Drop Inn

6 Match the *M\*A\*S\*H* characters to their American hometowns:

- a. Benjamin Franklin Pierce  
b. Maxwell Klinger  
c. Walter O'Reilly  
d. Frank Delano Marion Burns  
e. Charles Emerson Winchester III  
f. Father Francis J.P. Mulcahy

- A. Philadelphia, Pennsylvania  
B. Boston, Massachusetts  
C. Fort Wayne, Indiana  
D. Ottumwa, Iowa  
E. Toledo, Ohio  
F. Crabapple Cove, Maine

7 Which one of the following future sitcom actors was not a guest star on *M\*A\*S\*H*?

- a. Shelley Long  
b. Ron Howard  
c. Jason Alexander  
d. John Ritter  
e. Peter Boyle  
f. George Wendt

8 Major Margaret Houlihan's nickname was "Hot Lips." What was the animalistic nickname of her admirer, Frank Burns?

- a. "Weasel Face"  
b. "Ferret Face"  
c. "Badger"  
d. "Skunk"



9 B.J. Hunnicutt derived his name from his parents Bea and Jay. What does the "T" stand for in Sherman T. Potter?

- a. Tecumseh  
b. Theodore  
c. Truman  
d. Timothy

10 Lieutenant Colonel Henry Blake (McLean Stevenson) left the show at the end of the third season. What happened to this surgeon and easy-going commanding officer on his last show?

- a. Transferred to a smaller unit  
b. Returned home to Illinois  
c. Killed when his plane was shot down  
d. Forced into an early retirement

► Quiz by Alan G. Luke / Special to QMI AGENCY

Answers:  
1. b. "Radar" O'Reilly  
2. a. Suicide is Painless  
3. c. 11  
4. f. Crabapple Cove, Maine  
5. b. The Swamp  
6. a. Benjamin Franklin Pierce  
7. d. George Wendt  
8. c. "Badger"  
9. c. Truman  
10. c. Killed when his plane was shot down

## GET SOCIAL

@debra\_hotaling  
Preparing cement for Mustang's glamour moment on front of TCL Chinese Theater last this am  
#Mustanginspires #Ford

## TWEET IT

Top Twitter Trends (Canada, this week)  
1. #MustangInspires  
2. #SamLovesNandos  
3. Chris Colfer  
4. #comedictator  
5. #PeoplesChoice  
6. #tbt

Source: twitter.com

## WATCH THIS

YouTube  
Most watched videos (This week)  
1. Amazon Prime Air 10,142,026 views  
2. Tom Daley: Something I Want To Say... 7,621,085 views  
3. Crazy Wal-Mart Black Friday fight for TV 133 6,777,961 views  
4. FUNNY OMEGLE REACTIONS 2,758,841 views  
5. R.I.P. Paul Walker Died in Car Crash... 2,121,978 views



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Attention: Human Resources  
Or by e-mail to: [hr@portcolborne.ca](mailto:hr@portcolborne.ca)  
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The Healthy Cupboard

# Leaf Source

## STOPS PAIN WITHIN DAYS!

*"It works! I'll take another two bottles please!"*

This coming from a customer who had tried every other natural remedy under the sun in the past few years to take away her pain. Ian, the owner of The Healthy Cupboard couldn't believe his ears. He had finally found the perfect product to stop his customer's miseries. This is what every owner of a health food store dreams about, a natural product that receives so many outstanding testimonials on such a wide variety of health issues. "I had recommended a new product called LeafSource, which we recently started carrying. We have had tremendous success with this product, and almost everyone we have recommended it to over the last few months has come back and thanked us over and over again" said Ian. Before trying LeafSource, the woman had complained about her ongoing joint pain and was at her wit's end. Although she had experienced some relief through the numerous natural remedies she had tried over the years, the pain would never fully go away. "She returned to my store, in tears, less than one week after buying LeafSource. I didn't know what to make of this woman standing in front of me crying, until she told me that within a few days of taking LeafSource her pain started to disappear and within a week it was completely gone - as if it was never there." Ian goes on, "So coming from a woman whose painful joints and ongoing sciatica were so bad just one week earlier, that the pain was unbearable but now has completely subsided." By now you are probably

wondering what is LeafSource and why is it so effective? LeafSource is a 100% natural product derived from a proprietary organic mineral composite with over ten years of university research. LeafSource helps regulate the inflammatory process and the body's ability to repair itself. The vast majority (70-80%) of the population over the age of 50 have joint problems — often called osteoarthritis. This is due to the natural (or unnatural) wear and tear on joint tissue that develops through the aging process. With joint inflammation, movement is limited and pain can be constant. LeafSource seems to have the ability to help people get their mobility and zest for life back. Millions of people seek treatment for their joint and inflammation problems by resorting to expensive, toxic prescription drugs (i.e. NSAIDs) with multiple side effects. These range from nausea and vomiting to serious intestinal disorders (bleeding, gas, pain) and even kidney and liver failure. Isn't that too large a price to pay for a little pain relief? LeafSource is a safe alternative to these destructive anti-inflammatory drugs that cause more problems than they solve. There are absolutely no side effects and it doesn't interfere with any other medications. Controlled experiments and observations have revealed that LeafSource is a potent anti-inflammatory that has been shown to bring a reduction to inflammation and pain within a few days. People notice great results in terms of more

energy and less pain by taking anywhere from 2 to 6 capsules/day. Typical maintenance is usually 1 capsule twice daily. This product gets results! LeafSource is scientifically validated through more than 10 years of research at 4 universities, including the Department of Pharmaceutical Sciences, Mercer University. Aside from its incredible anti-inflammatory and pain reducing ability, it has also been shown to improve the performance of your daily nutrition and vitamin programs. It helps increase the absorption of vital nutrients, which in turn helps these nutrients work better. Better absorption = better results! It's almost as if they have become supercharged! LeafSource has also been shown to help enhance energy levels, improve intestinal health, strengthen hair, skin and nails and improve immune function. To see someone go from intense pain to a new lease on life within a week is truly incredible. Imagine being able to move freely without pain. Who wouldn't want to get out of bed in the morning with more energy? It's amazing how much of this stuff we take for granted, until it's gone! Ian adds, "I often recommend that LeafSource be taken with other natural joint products in order to help them work better and provide even faster relief. One of the things I hear most often from people who have tried LeafSource is they just plain feel better, have more energy and less pain. We're so confident, we guarantee LeafSource 100%! That

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